

Universal Respiratory Precautions

For Health Care Settings

- Cover coughs and sneezes with tissues or surgical masks
- Wash hands frequently
- Wear gloves and gowns and replace often
- Get your flu and pneumonia vaccines

For more information visit:

www.nj.gov/flu



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It's One More Way to Show You Care...



Get Your Flu Vaccine.



Your patients count on you to keep them healthy!

The federal Centers for Disease Control and Prevention recommend that all health care workers get a flu (influenza) vaccine every year. Health care worker vaccination against the flu is a very important step in protecting the health of your patients both young and old.

Studies have shown that health care workers can be a key cause of outbreaks in a variety of health care settings such as hospitals, medical practice offices, long-term care facilities, rehabilitation centers, and home-care. When the flu infects patients, the illness can be severe. However, many health care workers do not get a flu vaccine. Data from the National Health Interview Survey (NHIS) show only 36% of health care workers get an annual flu shot.

The information in this brochure can help you make the decision to get a flu vaccine this year and to do your part in protecting yourself, your patients and your loved ones.



Flu Facts

- The flu causes about 114,000 hospitalizations and about 36,000 deaths each year
- The flu spreads easily from person-to-person through coughing or sneezing
- Health care workers are at risk of catching the flu from patients
- Patients are at risk of catching the flu from health care workers



Talk to your physician before getting a flu vaccine if you:

- Are allergic to eggs or thimerosal (a preservative ingredient in the vaccine), or had a prior allergic reaction to the flu vaccine
- Have a history of Guillain-Barre syndrome

Flu Vaccine Facts

- The flu vaccine will not give you the flu
- A flu vaccine is needed every year
- The flu vaccine is highly effective at preventing the flu
- The flu vaccine is safe for pregnant women in their 2nd or 3rd trimesters

Remember to wash your hands frequently during flu season!!